

	L #	Search Text	H it s	DBs
1	L1	"centrifugal near4 force" "centrifugal near4 forces" "force near4 centrifugally" "forced centrifugally"	80	USPAT; US-PGPUB; EPO; JPO; DERWENT; IBM_TDB
2	L2	"forced centrifugally"	80	USPAT; US-PGPUB; EPO; JPO; DERWENT; IBM_TDB
3	L3	(centrifugal near4 force) (centrifugal near4 forces) (force near4 centrifugally) (forced near4 centrifugally)	96649	USPAT; US-PGPUB; EPO; JPO; DERWENT; IBM_TDB
4	L4	((centrifugal centrifugally centripetal) near4 (force forced forcing forces))	98726	USPAT; US-PGPUB; EPO; JPO; DERWENT; IBM_TDB
5	L5	((centripetal) near4 (force forced forcing forces))	2675	USPAT; US-PGPUB; EPO; JPO; DERWENT; IBM_TDB

Bower, Ken

From: Auto TrainR
Sent: Tuesday, August 03, 2004 8:13 AM
To: Bower, Ken
Subject: Class Registration Confirmation for Kenneth Bower

Dear Kenneth Bower,

This is to confirm that you have registered for the following class:

Course Title: Recent Significant Rule Makings and Practice Changes (2 HR)

Date: Tue Aug 31, 2004

Time: 01:00 PM

Location: CPK2-200

Registered As: SPE Assigned

Have a nice day!

The Patent Automation Training Team

Tel: (703) 306-5791 & (703) 306-5792

E-mail: AutoTrainR@uspto.gov



Aug 2nd
to
Aug 6th

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HEALTHY HINTS: Stress

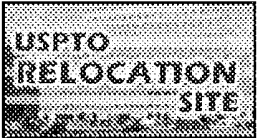
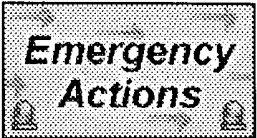
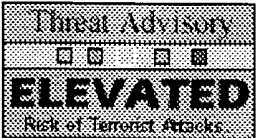
Stress occurs in our body when any “pleasant” or “unpleasant” demand is placed upon it. When we face a stressful event, we experience what is called the “fight or flight response.” Adrenaline is pumped into our bloodstream along with sugar and cholesterol to prepare us in dealing with the immediate threat to our well-being. When this response is not channeled properly or is chronic, it leads to degenerative diseases brought on by the excessive wear and tear on our bodies. Chronic stress can lead to hypertension, depression, and susceptibility to other common physical ailments.

Stress is inevitable. Without some level of stress in our lives we would become bored and depressed. But stress has also been shown to lower our immune response. In fact, stress on the job and job dissatisfaction are major factors in the use of sick time.

Because each of us is unique in our ability to cope with stress, finding a balance between our personality and the level of stress we face daily is the key to managing it. What causes one person to “flip out” might not even ruffle another. The good news is if our mind creates stress, our minds can also decrease it.

Here are 20 proven stress reducers...., think of others on your own and be sure to use them. And remember, “You no longer have to keep up with the Joneses....They have died of exhaustion.”

1. Go to bed on time and get up 10 minutes earlier so you don’t start your day rushed or frazzled.
2. Do nothing that you’ll have to lie about later.
3. Eat right and exercise. (Exercise is an instant cure for most stress.)
4. Have back-ups: an extra car key in your wallet, extra house key buried in the yard, extra stamps, don’t let the gas tank get below half full, start working on projects early, etc.
5. K.M.S. (Keep Mouth Shut!) This single piece of advice can prevent an enormous amount of trouble.
6. Laugh.
7. Talk less, listen more.
8. Develop a forgiving attitude (most people are doing the best they can).
9. Do at least one thing you enjoy every day.
10. Forgive someone, or apologize for a mistake.
11. Take one day at a time, and do one thing at a time.
12. Make friends with happy, non-worrying types of people.
13. Simplify and unclutter your life, and then simplify more.
14. Watch a really good movie, or read a good book.
15. Angry, talk to a friend about it.
16. Do a good deed.
17. Hug someone you love (or even like a lot).
18. Ask for help.
19. Realize that the best things in life aren’t things.
20. Remember: don’t sweat the small stuff, because it’s all small stuff.



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